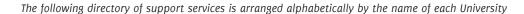
# **Resources and Supports in the PIMS Network** for Mental Health and Sexual Harassment





## SIMON FRASER UNIVERSITY

Sexual Violence Support and Prevention Office: (778-782-7233)

https://www.sfu.ca/sexual-violence.html

sv-support@sfu.ca

**Health and Counselling:** (Burnaby 778-782-4615)

(Vancouver 778-782-5200) hcsinfo@sfu.ca

https://www.sfu.ca/students/health/resources/my-ssp.html

# **UNIVERSITY OF ALBERTA**

Mental Health Resources for Students: https://www.ualberta.ca/

current-students/wellness/mental-health/index.html

Mental Health Resources for Everyone: https://www.ualberta.ca/ human-resources-health-safety-environment/health-and-wellbeing/

healthy-mind/resources.html

Sexual Assault Centre: https://www.ualberta.ca/current-students/

sexual-assault-centre/index.html

## UNIVERSITY OF BRITISH COLUMBIA

Student Counselling Services: (604-822-3811)

https://students.ubc.ca/health/counselling-services

Sexual Violence Prevention & Response Office (SVPRO):

(604-822-1588) https://svpro.ubc.ca

## UNIVERSITY OF CALGARY

**Student Wellness:** (403-210-9355)

https://www.ucalgary.ca/wellness-services

Staff Wellness: (403-220-2918)

https://www.ucalgary.ca/hr/wellness

Sexual Violence Support: (403-220-2208)

https://www.ucalgary.ca/sexual-violence-support

svsa@ucalgary.ca

#### UNIVERSITY OF LETHBRIDGE

## Mental Health:

https://www.uleth.ca/hr/health-centre/mental-health-team-health-

centre

Sexual Violence Support and Education:

https://www.uleth.ca/sexual-violence/information-and-support-

during-covid-19

## UNIVERSITY OF MANITOBA

Student Counselling Resources: (204-474-8592)

https://umanitoba.ca/student-supports/counselling-resources-

students

Sexual Violence Resource Centre: (204-474-6562)

https://umanitoba.ca/student-supports/sexual-violence-support-

and-education

Mental Health Resources for Students:

https://news.umanitoba.ca/mental-health-supports-for-studentsreach-out-for-help-now/?utm\_source=waag&utm\_medium=email

Winnipeg Public Library:

https://guides.wpl.winnipeg.ca/mentalhealth

Manitoba Psychological Society:

https://mps.ca/find-psychologist/

## UNIVERSITY OF REGINA

University of Regina Mental Wellness Hub:

https://www.uregina.ca/mental-wellness/index.html

University of Regina Sexual Violence, Prevention, and Response:

https://www.uregina.ca/sexual-violence/

## UNIVERSITY OF SASKATCHEWAN

Student Wellness Centre:

https://students.usask.ca/health/centres/wellness-centre.

php#ServicechangestohelpslowthespreadofCOVID19

Support for Survivors of Sexual Violence:

https://students.usask.ca/articles/disclose-sexual-assault.php

## UNIVERSITY OF VICTORIA

**UVic Counselling:** (250-721-8563)

https://www.uvic.ca/services/counselling/home/contact/index.php

swcreception@uvic.ca

Sexualized Violence Resource Office: (250-721-8021)

https://www.uvic.ca/sexualizedviolence/get-support/index.php

svpcoordinator@uvic.ca

#### UNIVERSITY OF WASHINGTON

Sexual Assault Resources:

https://www.washington.edu/sexualassault/

Safe Campus: (206-685-7233)

https://www.washington.edu/safecampus/sexual-assault/

safecampus@uw.edu

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